

## ABSTRACT OF THE DISCLOSURE

To provide a wearable computer that allows a user to back up important data on a device immediately at hand for the user. A data backup system is provided including a wearable computer and a portable information terminal that carries out communication with the wearable computer, the portable information terminal reads the history of updates and backups from a storage device, compares the time of the last backup indicated by the backup history with the update history, and searches for data that has been newly updated since the time of the last backup. The portable information terminal extracts the newly updated data as backup data, and sends the extracted backup data. The wearable computer receives the backup data, and writes the backup data in the storage device.